



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19098, Candies, 5TH AVENUE Candy Bar

Report Date: June 26, 2017 17:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Manufacturer Hershey Food Corp.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 2 oz 56g	1 bar snack size 16g
Proximates						
Water	g	2.30	1	--	1.29	0.37
Energy	kcal	482	1	--	270	77
Energy	kJ	2017	--	--	1130	323
Protein	g	8.78	1	--	4.92	1.40
Total lipid (fat)	g	23.98	1	--	13.43	3.84
Ash	g	1.91	1	--	1.07	0.31
Carbohydrate, by difference	g	62.68	1	--	35.10	10.03
Fiber, total dietary	g	3.1	1	--	1.7	0.5
Sugars, total	g	47.19	1	--	26.43	7.55
Minerals						
Calcium, Ca	mg	73	1	--	41	12
Iron, Fe	mg	1.20	1	--	0.67	0.19
Magnesium, Mg	mg	62	1	--	35	10
Phosphorus, P	mg	141	1	--	79	23
Potassium, K	mg	347	1	--	194	56
Sodium, Na	mg	225	1	--	126	36
Zinc, Zn	mg	1.12	1	--	0.63	0.18
Copper, Cu	mg	0.210	1	--	0.118	0.034
Manganese, Mn	mg	0.050	1	--	0.028	0.008
Selenium, Se	µg	0.6	1	--	0.3	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.4	1	--	0.2	0.1
Thiamin	mg	0.140	1	--	0.078	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 2 oz 56g	1 bar snack size 16g
Riboflavin	mg	0.090	1	--	0.050	0.014
Niacin	mg	3.900	1	--	2.184	0.624
Pantothenic acid	mg	0.540	1	--	0.302	0.086
Vitamin B-6	mg	0.110	1	--	0.062	0.018
Folate, total	µg	36	--	--	20	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	36	--	--	20	6
Folate, DFE	µg	36	--	--	20	6
Choline, total	mg	14.9	--	--	8.3	2.4
Vitamin B-12	µg	0.18	--	--	0.10	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	14	--	--	8	2
Retinol	µg	14	--	--	8	2
Carotene, beta	µg	1	--	--	1	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	51	--	--	29	8
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	2.70	--	--	1.51	0.43
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.7	--	--	1.5	0.4
Lipids						
Fatty acids, total saturated	g	6.650	1	--	3.724	1.064
4:0	g	0.128	--	--	0.072	0.020
6:0	g	0.045	--	--	0.025	0.007
8:0	g	0.028	--	--	0.016	0.004
10:0	g	0.053	--	--	0.030	0.008
12:0	g	0.058	--	--	0.032	0.009
13:0	g	0.000	--	--	0.000	0.000
14:0	g	0.213	--	--	0.119	0.034

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 2 oz 56g	1 bar snack size 16g
15:0	g	0.016	--	--	0.009	0.003
16:0	g	3.532	--	--	1.978	0.565
17:0	g	0.015	--	--	0.008	0.002
18:0	g	1.974	--	--	1.105	0.316
20:0	g	0.040	--	--	0.022	0.006
22:0	g	0.004	--	--	0.002	0.001
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	10.600	1	--	5.936	1.696
14:1	g	0.014	--	--	0.008	0.002
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.054	--	--	0.030	0.009
17:1	g	0.004	--	--	0.002	0.001
18:1 undifferentiated	g	8.355	--	--	4.679	1.337
20:1	g	0.145	--	--	0.081	0.023
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.390	--	--	1.898	0.542
18:2 undifferentiated	g	3.305	--	--	1.851	0.529
18:3 undifferentiated	g	0.084	--	--	0.047	0.013
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	6	1	--	3	1
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	1	--	0.0	0.0
Caffeine	mg	5	--	--	3	1
Theobromine	mg	79	--	--	44	13